



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henryk Laskowski** (46y) 

has successfully competed in  
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

100m Freestyle in 02:23.00 minutes

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Overall 12th / Age Group (45-49y) 3rd

Category Men

Open Water Course

Water 0.60°C, Wind Chill -4.60°C, 50.26° N



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION